LIFE PURPOSE COACHING QUESTIONS

These questions have been gathered from many coaches globally to help people find what they're here to do. Any one of them could be a major enquiry.

They are best lived – sat with, walked, danced, drawn, discussed – and not just asked quickly. Chew them over, play with them, LIVE them! Pick a few that jump out at you and work with them over time. Enjoy!

STRENGTHS QUESTIONS

What are you really good at?

What's easy for you that others find hard?

What do you get asked advice about?

What five minutes in your day/week did you rock most?

What have you practiced a lot?

What do you do best?

PASSION QUESTIONS

What are you in a flow state when doing?

What do you love?

When are you most alive?

What would you do if all jobs were paid the same?

What five minutes in your work day/week was most fun?

What experience are you looking for at work day-to-day?

What's something (constructive) you can't stop doing?

If you met an older version of yourself what career advice would they give you?

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VALUES QUESTIONS

What's your dream?

If money wasn't an issue what would you do?

What pisses you off? What breaks your heart?

What keeps you awake at night? What wakes you up?

What have you hated most about previous jobs?

How much time do you want to give to a job (compared to family, hobbies etc)?

What was best and worst about past jobs?

What do you long for?

Convince me you're not wasting your life with your work now.

Who do you admire/envy?

If I kill you now, what do you regret not doing?

Specifics: where do you like working (eg home, outdoors, internationally)?
With whom do you like working (or alone)? When do you like working?

What does being 'successful' mean to you?

CONTRIBUTION QUESTIONS

What can you help others with?

What do others offer to pay you for?

What do you want to change in the world?

How could you best serve a community that matters to you?

What can you do that serves people best?

What could you not die happy until you've done?